



Menu is Subject to Change

OCTOBER 2022

Mustangs & Fillies On-the-Go Lunch Menu

Low-Fat and Fat-Free Milk
are Offered with all Meals

Monday

Hot Dog on Bun
Or
Chef Salad
Baked Beans
Lettuce Salad w/Cherry Tomatoes
Pears
Fresh Fruit
Baked Chips
Choice of Milk

3

Stuffed Crust Pizza
Or
Fresh Fillie Sub
Lettuce Salad
Fresh Broccoli & Carrots
Applesauce
Orange Slices
Yogurt
Choice of Milk

10

Mini Corn Dog Nuggets
Or
Chef Salad
Baked Beans
Baby Carrots
Peaches
Fresh Apple
Blueberry Muffin
Choice of Milk

17

Spaghetti w/Meat Sauce
Or
Turkey, Ham & Cheese Sub
Lettuce Salad
Cherry Tomatoes & Broccoli
Baby Carrots
Diced Pears, Orange Slices
Garlic Toast
Choice of Milk

24

Chicken Bacon Sandwich
Or
Chef Salad
Baked Beans
Celery w/PB
Fresh Kiwi
Peaches
Choice of Milk

31

Tuesday

Pizza Crunchers
Or
Chef Salad
Baby Carrots
Tossed Salad w/Spinach
Strawberries
Fresh Apple
Choice of Milk

4

Hot Italian Sub
Or
Chef Salad
Cucumber Slices & Cherry Tomatoes
Mandarin Oranges
Fresh Fruit
Choice of Milk

11

Beef & Cheddar Sub
Or
Chef Salad
Tossed Salad w/Spinach
Cherry Tomatoes & Fresh Broccoli
Mixed Berries
Fresh Fruit
Chocolate Chip Cookie
Choice of Milk

18

Stuffed Crust Pizza
Or
Turkey, Ham & Cheese Sub
Tossed Salad w/Spinach
Mixed Fruit
Grapes
Choice of Milk

25

Wednesday

Orange Chicken
Or
Chef Salad
Rice Pilaf
Fresh Broccoli & Carrots
Mandarin Oranges
Banana
Choice of Milk

5

Chicken Tenders
Or
Fresh Fillie Sub
Baked Beans
Baby Carrots
Pears, Fresh Apple
Dinner Roll
Choice of Milk

12

Biscuits & Gravy
Or
Chef Salad
Green Beans
Fresh Veggie Mix w/Dip
Strawberries
Fresh Fruit
Choice of Milk

19

Chicken Philly Sub
Or
Turkey, Ham & Cheese Sub
Fresh Veggie Mix w/Dip
Watermelon
Banana
Choice of Milk

26

Thursday

Chicken Patty Sandwich
Or
Chef Salad
Cucumber Slices & Cherry Tomatoes
Lettuce Salad
Mixed Fruit
Fresh Fruit
Chocolate Pudding
Choice of Milk

6

Meatball Sub
Or
Fresh Fillie Sub
Lettuce Salad w/Cherry Tomatoes
Baby Carrots
Strawberries
Banana
Choice of Milk

13

Hamburger on a Bun
Or
Chef Salad
Corn
Lettuce Salad w/Cherry Tomatoes
Mandarin Oranges
Banana
Pickles
Choice of Milk

20

NO
SCHOOL

27

Friday

French Bread Pizza
Or
Chef Salad
Tossed Salad w/Cherry Tomatoes
Fresh Veggie Mix
Grapes
Ice Cream
Choice of Milk

7

Macaroni & Cheese
Or
Fresh Fillie Sub
Steamed Peas
Fresh Veggie Mix
Fruit Cocktail, Fresh Fruit
Blueberry Muffin
Choice of Milk

14

Pulled Pork Sandwich
Or
Chef Salad
Roasted Red Potatoes
Fresh Veggie Mix
Fresh Berries
Fresh Fruit
Choice of Milk

21

NO
SCHOOL

28

Lunch is FREE for ALL students

Extra Milk \$0.40

Adult Lunch \$4.25

Extra Main Entrée \$1.50



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